

# **NUTRITION**

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# **Nutrition**

## **Goals**

**Role of nutrition and foods in an isolated hostile environment accompanied by heavy work in low ambient temperatures.**

## **Background**

**Isolation in itself increases turnover of nutrients**

**Energy requirements increases with cold, and/or hostile environment**

**Monotonous food choices in hostile environment affects psychological responses to eating and dietary need to evaluate and counter**

## **Studies**

**Energy utilization - using noninvasive, non-time consuming technique-doubly labeled water**

**Protein/amino acid metabolism - using  $^{15}\text{N}$**

**Lipid/carbohydrate metabolism**

**Micronutrients, e.g. ascorbate**

**Fluid Balance**

**Psychological response to the limited diet**

## **Attachment 11**

